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8. The product of claim 5 wherein said natural nutrients are selected from the group consisting of Echinacea extract, ginkgo, ginseng, bee pollen, lecithin, St. John's wort extract, and mixtures thereof.
9. An uncooked oat product comprising uncooked oat groats having materials adsorbed onto at least a portion of the surface of the groats, said materials comprising at least one component selected from the group consisting of nutrients, spices, and flavors and present at a concentration of from about 0.0001% to about 2% on a dry weight basis of the product.
10. The product of claim 9 wherein said oat groats are whole oat groats.
11. The product of claim 9 wherein said oat groats are cut.
12. The product of claim 9 wherein said materials adsorbed onto the surface of the uncooked oat groats have a concentration of from about 0.0001% to about 2% on a dry weight basis of the product.
13. The product of claim 9 wherein said nutrients include compounds selected from the group consisting of vitamins, minerals, natural nutrients, and mixtures thereof.
14. The product of claim 13 wherein said vitamins are selected from the group consisting of vitamin A, beta-carotene, thiamin, riboflavin, niacin, vitamin B₆, vitamin B₁₂, vitamin C, vitamin D, vitamin E, folic acid, and derivatives and mixtures thereof.

15. The product of claim 13 wherein said minerals are selected from the group consisting of calcium, copper, iron, magnesium, manganese, molybdenum, phosphorus, potassium, selenium, zinc, and derivatives and mixtures thereof.

16. The product of claim 13 wherein said natural nutrients are selected from the group consisting of Echinacea extract, ginkgo, ginseng, bee pollen, lecithin, St. John's wort extract, and mixtures thereof.

Sub A2 17. A method of incorporating at least one water soluble or water dispersible ingredient into the body of food selected from the group consisting of uncooked oat groats and uncooked corn grit, comprising:

- (a) contacting the food with an aqueous infusion mixture of water and the ingredient for a time and in an amount and ingredient concentration effective to increase the moisture content of the food by from about 8% to about 10% by weight of the food and to cause the food to absorb some of the ingredient;
- (b) optionally equilibrating the contacted food with the aqueous infusion mixture for a sufficient amount of time to cause further absorption of the ingredient by the food.

10 18. *a* The method of claim 17 further comprising drying the oat groats to a desired moisture concentration after absorption of the ingredient.

19. The method of claim 17 wherein the aqueous infusion solution is prepared by mixing water with at least one material selected from the group consisting of nutrients, spices, and flavors.

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- 11 20. The method of claim 9 further comprising heating the aqueous solution to about 120°F to dissolve the materials of said solution prior to the applying step.
- 12 21. The method of claim 9 wherein said selected materials are applied to the oat groats at a concentration of from about 0.0001% to about 2.0% on a dry weight basis of the food.
- 13 22. The method of claim 9 wherein said oat groats are dried to a moisture concentration of about 8% to about 10% on a dry weight basis.
- 14 23. The method of claim 9 wherein said drying step is accomplished at a temperature of from about 150°F to about 300°F.
- 15 24. The method of claim 9 wherein said drying step is accomplished by a dryer selected from the group consisting of a continuous belt dryer; a fluidized bed, forced air dryer; or a kiln-type grain dryer.
- 11 25. The method of claim 17 wherein said infusion mixture is applied to the surface of the oat groats at a concentration of from about 2% to about 29% by weight of the oat groats.
- 17 26. The method of claim 9 wherein said equilibrating step is conducted by holding in a storage bin.
- 18 27. The method of claim 9 further comprising drying the uncooked oat groats to a desired moisture concentration prior to step (a).
- 19 28. The method of claim 9 wherein the infusion mixture is a solution.
- 20 29. The method of claim 9 wherein the infusion mixture is a dispersion.

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The method of claim ~~17~~ further comprising flaking the groats after absorption of the ingredient.

31. The method of claim 19 wherein said nutrients include compounds selected from the group consisting of vitamins, minerals, natural nutrients, and mixtures thereof.

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32. The method of claim 31 wherein said vitamins are selected from the group consisting of derivatives of vitamin A, beta-carotene, thiamin, riboflavin, niacin, vitamin B₆, vitamin B₁₂, vitamin C, vitamin D, vitamin E, folic acid, and mixtures thereof.

33. The method of claim 31 wherein said minerals are selected from the group consisting of derivatives of calcium, copper, iron, magnesium, manganese, molybdenum, phosphorus, potassium, selenium, zinc, and derivatives and mixtures thereof.

34. The method of claim 31 wherein said natural nutrients are selected from the group consisting of Echinacea extract, ginkgo, ginseng, bee pollen, lecithin, St. John's wort extract, and mixtures thereof.

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35. A method of adding at least one non-water soluble selected ingredient to uncooked oat groats so such ingredient becomes adsorbed onto at least a portion of the surface of the uncooked oat groats, the method comprising:

- (a) contacting the surface of the oat groats with an aqueous mixture containing the non-water soluble selected ingredient for a time and in an amount and ingredient concentration effective to increase the moisture content of the oat groats by from about 8% to about 10% and to cause adsorption of the ingredient;

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- (b) optionally equilibrating the coated oat groats with the aqueous mixture for a sufficient amount of time to cause further adsorption of the ingredient onto at least a portion of the surface of the oat groats.
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36. The method of claim 35 further comprising drying the oat groats to a desired moisture concentration after step (b) of claim 35 to provide a dried uncooked oat groat product having the non-water soluble ingredient adsorbed onto at least a portion of the surface thereof.
37. The method of claim 35 wherein the aqueous mixture is prepared by mixing water with at least one material selected from the group consisting of nutrients, spices, and flavors to disperse the material therein.
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38. The method of claim 35 wherein the selected ingredients applied to the oat groats have a concentration of from about 0.0001% to about 2.0% on a dry weight basis of the oat groats.
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39. The method of claim 35 wherein said drying step is accomplished at a temperature of from about 150°F to about 300°F.
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40. The method of claim 35 wherein said oat groats are dried to a moisture concentration of about 8% to about 10% on a dry weight basis.
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41. The method of claim 35 wherein said equilibrating step is conducted by holding in a storage bin.
42. The method of claim 36 wherein said nutrients include compounds selected from the group consisting of vitamins, minerals, natural nutrients, and mixtures thereof.

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